



Photo Courtesy of Alex Zhitnik

## **WILDERNESS FIRST RESPONDER (WFR)**

Sponsored by YMCA Camp St. Croix & NOLS Wilderness  
Medicine



**DATES:** January 2-11, 2020  
**COST:** \$776 without Lodging, \$972 with Lodging  
**LOCATION:** YMCA Camp St. Croix, 532 County Road F., Hudson WI

## **COURSE DESCRIPTION**

The Wilderness First Responder course is essential if you work or recreate in the outdoors or in other austere environments where access to medical care is delayed or communication is unreliable. It is the industry standard for professional guides, trip leaders, search and rescue team members, outdoor recreationists, and international travelers. Upon completion, you will be able to conduct a thorough physical exam, obtain a patient history, assess vital signs, provide emergency care in the wilderness, and make crucial evacuation decisions. During this fast-paced, engaging course, you will spend half your time practicing skills and participating in realistic scenarios, including a full-scale night mock rescue.

NOLS Wilderness Medicine's nationally recognized curriculum encompasses a wide range of topics including long-term patient care, wound management, selective spine immobilization, reducing dislocations, litter packaging, and epinephrine administration. Dynamic educators who have practiced medicine in both wilderness and urban environments will teach you skills and protocols to step forward in an emergency, and you will finish the intensive 80-hour course with the tools and confidence to manage patients in the backcountry for multiple days.

Upon successful course completion, you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder, Adult, and Child CPR & Airway Management, and Epinephrine Auto-injector.

## **CLASS FORMAT AND PERSONAL PREPAREDNESS**

Check-in is at 7:45 AM on the first day of the course. Course days run from 8:00 AM to 5:00 PM, with two additional evening sessions. Ten-day courses will include a day off; nine-day courses do not. The class format is classroom lectures integrated with

practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of indoor comfy shoes and a camp chair. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly.

## **PACKING CHECKLIST**

- Notebook and pencil or pen
- Watch with a second hand or digital second
- Sunglasses and hat
- Water bottle
- Light day pack
- Headlamp
- Waterproof outerwear top and bottom
- Light hiking boots or sturdy shoes
- Clothing layers that allow you to be comfortable in a variety of weather conditions
- Slippers or comfortable shoes for classroom time (optional)
- Camp chair for classroom time (optional)

## **COURSE OUTLINE**

For the full course outline, visit the [NOLS Wilderness Medicine WFR](#) course page.

## **REGISTRATION AND TUITION PAYMENT**

A non-refundable, non-transferable deposit of \$250 is required to reserve your spot in the course. The balance of tuition is due two weeks prior to the start of the course.

The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits.

A full refund will be given if we need to cancel the course for any reason.

## **NOLS WILDERNESS MEDICINE STUDENT AGREEMENT**

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights.

Bring the two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

## **NOLS WILDERNESS MEDICINE POLICIES**

### **Cancellations**

If you cancel or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date, YMCA Camp St. Croix will retain the \$250.00 deposit. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, tuition is non-refundable and
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.

### **Pets**

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

### **Service Animals**

Please contact the Wilderness Medicine office at 1-866-831-9001 if you intend to bring a service animal to the course.

### **Alcohol, Drugs, Tobacco & Weapons**

No alcohol, no drugs, no tobacco, and no weapons are allowed in the classroom.

## **CONTINUING EDUCATION**

### **EMT Continuing Education**

NOLS Wilderness Medicine is proud to be a [Commission on Accreditation of Pre-Hospital Continuing Education \(CAPCE\)](#) accredited organization. Current EMTs are eligible to receive 70 CEU hours at no additional cost for participation in a Wilderness First Responder course.

Please bring a photocopy of your current EMT card(s) with you to your course. Also, ensure that CAPCE CEUs will be accepted by your State EMS organization.

### **Fellowship in the Academy of Wilderness Medicine (FAWM)**

Through joint sponsorship with the Wilderness Medical Society, active members of WMS may earn up to 55 hours at no additional cost for participation in the Wilderness First Responder course. Learn more about WMS [here](#).

## **COLLEGE CREDITS**

### **Pre-Course Access to College Credit**

The WFR course is pre-approved for 3 credit through Western State Colorado University or an additional cost. Interested students must initiate registration and payment for credit by contacting Western at least 30 days prior to the course start. More information can be found [here](#).

### **On-Course Access to College Credit**

The WFR course is pre-approved for three semester hour's credit through the University of Utah for an additional cost. If you are interested in receiving college credit, please ask your instructors on the first day of class for the necessary information.

## **STUDENT LOGISTICS**

### **Meals and Lodging**

YMCA Camp St. Croix will provide all lunches on the days the course is running. For those that paid for lodging, breakfast, lunch and dinner will be provided every day.

Meal times are 7am, 12pm and 5:30pm.

Camp St. Croix lodging will be held in heated, cabins. There are separate cabins for males and females with an open floor plan of 12 beds. Bathrooms and showers are located nearby, but not directly in the cabin.

If staying overnight, participants are required to bring their own bedding and towels.

### **Travel**

The course will take place at YMCA Camp St. Croix, located at 532 County Road F, Hudson, WI. We are located just 40 minutes from the Minneapolis International Airport. When you arrive at camp, you will enter at the Main Camp Entrance. There is a parking lot next to the River Center. Please park in the lot and not the row of parking the roundabout.

### **CONTACT INFORMATION**

Please contact us with any questions or concerns you may have.

#### **Course Host:**

Office Hours: 8am-4pm CST

Phone: 612-465-0580

Email: [Niccole.Drinkwine@ymcamn.org](mailto:Niccole.Drinkwine@ymcamn.org)

Fax: 715-386-4382

Website: [campstcroix.org](http://campstcroix.org)

#### **NOLS Wilderness Medicine:**

Office Hours: M-F from 8am-5pm MST

Phone: (866) 831-9001

[Email](#)

[Website](#)